



**SEATTLE PARKS  
AND RECREATION**

# Delridge

## COMMUNITY CENTER

4501 Delridge Way SW ☕ Seattle, WA 98106 ☕ (206) 684-7423

# Fall 2006

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[www.seattle.gov/parks](http://www.seattle.gov/parks)



**SPARC**

### Delridge Community Center

4501 Delridge Way S

Seattle, WA 98106

Phone: 206-684-7423 Fax 206-684-7424

Visit us online at [www.seattle.gov/parks!](http://www.seattle.gov/parks!)



#### Hours of Operation

Monday	1 to 9 p.m.
Tuesday – Thursday	11 a.m. to 9 p.m.
Friday	1 to 9 p.m.
Saturday	10 a.m. to 5 p.m.
Saturday Late Night	7 p.m. to Midnight
Sunday	Closed

#### Holiday closures

Monday, September 4, Labor Day

Friday, November 10, Veterans' Day Observed

Thursday, November 23 & Friday, November 24,  
Thanksgiving Holiday

Monday, December 25, Christmas Day

Monday, January 1, New Year's Day

#### Program registration

Registration begins August 14, 2006

#### Program dates

September 11 to December 31, 2006

#### Mission

Seattle Parks and Recreation will work with all citizens to be good stewards of our environment, and to provide safe and welcoming opportunities to play, learn, contemplate, and build community.

#### You Can Make a Difference!

Delridge Advisory Council is a group of citizens dedicated to the enrichment of our community. Its support enables us to offer a variety of programs and services for people of all ages, abilities and backgrounds.

Our Advisory Council is always looking for new members. Meetings are held at 7 p.m. on the fourth Thursday of every month to talk about programs, policies, and financial issues. Citizen direction and participation are vital to our continued success. If you'd like to get involved, please contact our staff at 206-684-7423.

Most activities are funded through the Advisory Council rather than through Seattle Parks and Recreation. Revenues generated through program fees offset program costs to make Advisory Council activities self-sustaining. We rely heavily on program participation, donations, and contributions to buy, repair, maintain, and upgrade program equipment and supplies.

#### Management Staff

Ken Bounds, *Superintendent*

B. J. Brooks, *Deputy Superintendent*

Christopher Williams, *Operations Director*

Katie Gray, *Recreation South Manager*

#### Professional Staff

Alice Greer, *Recreation Center Coordinator*

Nanette Fuerte, *Asst. Rec. Center Coordinator*

Mary Jo Rossman, *Maintenance Laborer*

Susie Malmquist, *Teen Development Leader*

Bryan Hayes, *Late Night Rec. Program Specialist*

Darryl Yee, *Recreation Attendant*

#### Payment

You can pay for classes and other activities by mail, in person during regular facility hours, or by telephone with a credit card. We accept Visa, MasterCard and American Express. Please make checks and money orders out to City of Seattle. PLEASE NOTE: Payment is due when you register, unless we have indicated otherwise. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due, plus a \$20 fee. (Credit card or cash only.) We are working on a system that will make online registration available.

#### Refunds

It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

- Anyone who registers for a class, camp, special event or program that is cancelled for any reason by Parks and Recreation or the Advisory Council will receive a full refund.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who requests a refund 14 days or more before its start (or before the second session of a class), may receive a refund minus a service charge.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who withdraws from the activity fewer than 14 days before its start (or after the second session of a class), will receive no refund.
- Please read the entire policy, #7.16, for specific information.

#### Scholarships

Our Advisory Council wants to ensure that our activities, classes and sports are available to everyone, regardless of their ability to pay. The Council may choose to offer scholarships for qualified applicants. To apply for a scholarship, please talk to a member of our staff.

## Special Events

### Fall Fun Festival

**Tuesday, October 31** 6 – 8 p.m.

Spend your Halloween evening with carnival games, art activities, jump toy, and more. Youth ages 0 to 10, come dressed in your costumes and bring a bag or basket for your prizes and treats.

### Holiday Bazaar Free to browse & buy!

**Thursday, December 9** 10 a.m. – 3 p.m.

Check out arts, crafts and special gifts made by local artists and businesses to buy for family and friends for the Holiday. Interested in being a vendor? \$15 per table or \$25 for two. Please contact Nanette at Delridge (206) 684-7423.

### Santa Sleigh arrives at Delridge Free

**Thursday, December 16** Noon – 2 p.m.

Santa and his sleigh arrive bearing surprises for youth ages 0 to 12. Registration is required and begins December 1.

### Delridge/High Point Fabulous Family Fridays

Delridge and High Point Community Centers are joining forces to provide programs to many families in the area. Bring the family to enjoy board games, magic shows, movies, ice cream socials and more! **For more specific event information, please see page 4.**

## Toddlers/Preschoolers

### Story Art

\$40/session

Ages 3 to 6

Toddlers ages 3-5 will be able create art work and participate in activities while listening to their favorite stories. Participants will be encouraged to make, create and share ideas with each other and families. Parents are encouraged to participate, but are not required.

**Location: Kidsplace Room**

**Wednesdays** Noon – 12:45 p.m.

**Session 1**

**#10396** 9/13 – 10/11

**Session 2**

**#10397** 11/8 – 12/6

### Little Chefs

\$40/session

Ages 3 to 6

Put away those Easy Bake ovens and bring your 3-5 year old to enjoy cooking easy-to-make dishes. Games, stories or songs will be incorporated within each recipe to make cooking fun for both child and parent. Parent participation suggested but not required.

**Location: Kitchen**

**Mondays** Noon – 12:50 p.m.

**Session 1**

**#10386** 9/11 – 10/9

**Session 2**

**#10387** 11/6 – 12/4

### Mini-Gym

\$2\*

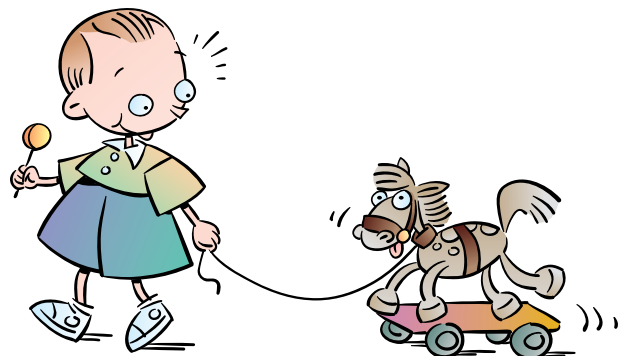
Our very popular indoor playground is up and running. The playground is equipped with floor mats, wagons, slides, cars, toys and much much more. Parents and toddlers come socialize and meet new friends.

**Age: 5 and under**

**Tue – Fri** 9 a.m. – 1 p.m. **Begins 9/12**

\*Mini-Gym Specials: \$1 on Wednesdays,  
\$10 and \$20 punch cards available.

**Location: Gymnasium**



# Delridge/High Point Fabulous Family Fridays

**Ice Cream Social** \$3 ea/\$10 family  
September 8 6:30 – 8:30 p.m.

We're gathering our neighbors for a night full of fun and ice cream. It is the perfect opportunity for you and your family to meet your neighbors. So, come enjoy a relaxing evening complete with a spectacular skyline view, delicious ice cream cones and sundaes, and music.

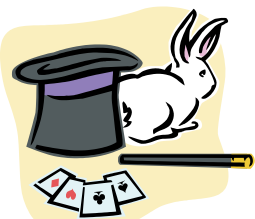
**Location:** High Point CC

**Pizza Feed and Board Games** \$5/family  
September 15 6 – 8:30 p.m.

Join other families for an evening of cards, dominoes, EXTREME games in the gym, and, of course, PIZZA!

**Location:** Delridge CC

**Magic Show** \$5 Per Family



September 22 7 – 8 p.m.

We're gathering all neighbors for an evening full of magic and fun. A professional magician to entertain you and your family.

**Location:** High Point CC

**Family Movie Night** Free  
October 6 6:30 – 8:30 p.m.

We will show the movie *Charlie and the Chocolate Factory* for you and your family. Free popcorn. RSVP by calling 684-7422.

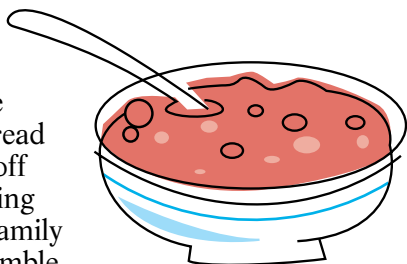
**Location:** High Point CC

**All-U-Can-Eat Chili and Cornbread** \$5/family  
October 13 6 – 8:30 p.m.

Fill yourself and your family up with homemade chili and cornbread and work it all off while participating in an exciting Family Scavenger Scramble.

Families will search high and low for clues in and around the community center that will lead them to a GRAND PRIZE. All participants will receive a surprise!

**Location:** Delridge CC



**Freaky Fall Festival!** Free  
October 27 6 – 8 p.m.

This event promotes safety on Halloween night by providing an alternative to trick-or-treating. Children dressed in costume participate in hours of entertainment through games, food, a haunted house, and a costume contest. Events are created in a way that provides thrills without unnecessary fright. For youth ages 11 and under.

**Location:** High Point CC

**Spaghetti Dinner** \$3 ea/\$10 family  
November 3 6:30 – 8 p.m.

Join us for **all-you-can-eat spaghetti**. We will be serving spaghetti until the pots run dry so, all you have to do is show up and eat.

**Location:** High Point CC

**Holiday Kick-Off** \$5/family  
November 17 6 – 8:30 p.m.

"Gobble, gobble" some holiday treats prepared by you and your family OR print, paint or press crafts and gifts to decorate your home or wrap up as presents for the upcoming holiday. Light snack will be provided.

**Location:** Delridge CC



**Bingo Night** Free  
December 1 6:30 – 8:30 p.m.

BINGO! is the name of this game. Bring the family in for a guaranteed good time.

**Location:** High Point CC

**A Night at the Movies** Free  
December 8 6 – 8:30 p.m.

Enjoy an evening with your neighbors and watch *A Christmas Story* with buckets and buckets of popcorn. Don't eat popcorn? Well, we can also string popcorn with other edible items to brighten up your house for the holidays!

**Location:** Delridge CC

# Youth Athletics

## Little Dribblers

\$45/session

### Ages 3 to 6

Hoop it up! Youth ages 3-5 will learn basic skills of basketball such as dribbling, shooting defense and teamwork. Parent participation suggested, but not required.

**Location: Gym**

**Thursdays**

6 – 6:45 p.m.

**Session 1**

**#10391**

9/14 – 10/12

**Session 2**

**#10392**

11/9 – 12/14

## Beginning Sports

\$45/session

### Ages 3 to 6

Youth ages 5-7 will learn basic skills in basketball, soccer, t-ball and flag football. Teamwork, self-confidence and having fun are the focus of this class.

**Location: Gym**

**Tuesdays**

6 – 6:45 p.m.

**Session I**

**#10380**

9/12 – 10/10

**Session II**

**#10381**

11/7 – 12/5

## Flag Football

\$35

Flag Football is available in four divisions for ages 6 to 14. Players learn basic skills, team play and sportsmanship needed to participate on a citywide basis. Players sign up at community centers and are placed on teams. Leagues are formed and games are played in accordance with NFL flag football rules and field dimensions. Play begins on September 23 and will conclude on November 18. Team practices will be held on outside field.

**Ages 6 to 14**

**Instructor: TBD**

**#7934 TTh 6 – 7:30 p.m.**

9/19 – 11/16

**Location: Delridge Field**

## Girls Volleyball

\$35

Volleyball is available to athletes ages 10 to 17 in different divisions. Players learn basic skills, team work, and sportsmanship. Leagues are formed and play begins the week of September 18. Play concludes the week of November 13.

**Ages: Girls 10 to 17**

**Instructor: TBD**

**#7935 MW 6 – 7 p.m.**

9/11 – 11/15

**Location: Delridge Gymnasium**

## The Pro Parks Levy is Making a Difference in Your Community

With funding approved for this eight-year levy by Seattle voters in 2000, we're building new parks, enhancing maintenance, and expanding programs throughout the city. Our recreation facilities are providing innovative teen programs that enhance self-esteem and build life skills, more environmental education to increase awareness about the wonders that surround us, swimming lessons for all 3<sup>rd</sup> and 4<sup>th</sup> graders to make sure every Seattle child knows how to swim, a wider range of activities for seniors, and more.

We're cleaning and removing litter from our facilities and parks more often; expanding park maintenance in the summer months, when use is high; and working hard to maintain our valuable landscapes, trees, and other natural assets. Whether you prefer sports or quiet contemplation, there are more active play areas and passive park lands available for you. New things are happening every day, so keep an eye out for Pro Parks Levy signs in your neighborhood!



Pro Parks Levy



# Out-of-School Time

Delridge Community Center

Fall 2006

6



## Before and After School Care

Delridge Community Center offers a safe and supervised After School Program for school-aged children ages 5 to 12. Each month has a different theme which involves arts & crafts, cooking, special events, field trips, sports and fitness, and homework/reading time. A snack is provided each day. Transportation is not provided. Please contact school transportation at 252-0900. **Scholarships available. DSHS certified. Register now for fall.**

**Before School Program** \$160/mth

**Second-child discount: \$150/mth**

**Age: 5 to 12**

**Mon – Fri 7 – 9 a.m. Sep 6 – Dec 15**

**Location: Kidsplace/Multi-purpose room**

**After School Care Program** \$245/mth

**Second-child discount: \$235/mth**

**Age: 5 to 12**

**Mon – Fri 3 – 6 p.m. Sep 6 – Dec 15**

**Location: Kidsplace/Multi-purpose room**



## Early Bird Care Program \$80/mth

The Early Bird Program is for parents who need Out-of-School Care for their children from 6 to 7 a.m. **DSHS certified. Register now for fall.**

**Age: 5 to 12**

**Mon – Fri 6 – 7 a.m. Sep 6 – Dec 15**

**Location: Kidplace/Multipurpose room**



## Registration Information

Dates	Barcodes		
	Early Bird	Before School	After School
9/6 – 9/29	#7916	#7911	#7894
10/2 – 10/31	#7917	#7913	#7902
11/1 – 11/30	#7919	#7914	#7903
12/1 – 12/15	#7924	#7915	#7904

# Delridge Teen Program

## Teen Program

Free\*

The Delridge Teen Program offers structured activities and projects Tuesday-Friday for teens ages 13-19. Delridge offers teens a terrific room with great "hang-out" activities such as music, video games, karaoke, games and arts & crafts projects. Teens may also use the computer lab to complete their homework.

**Instructor:** Susie Malmquist

**Age:** 13 to 19

**Tue – Fri 2:30 – 7 p.m. Jun 27 – Sep 1**

**\*Activities are free unless otherwise posted**

**Location:** Teen Room

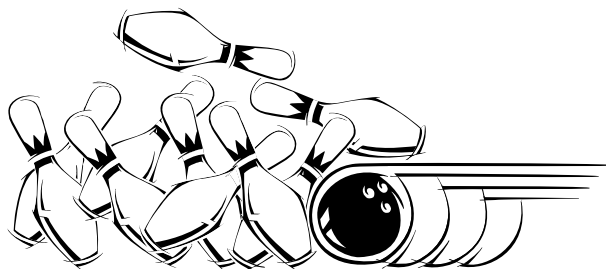
## Teen Advisory Group

Free

Be one of the natural teen leaders who will meet once a month to make their voices heard by contributing their leadership to issues/activities within our community and citywide. T.A.G. is always looking for new members!

**Age:** Teens 13 to 19

**Last Thursday of the month 6 – 7:30 p.m.**



## Delridge Teen Bowling Team Free

In two years the Delridge Bowling Team has become "WORLD CLASS". This spring we will be continuing our weekly bowling trips to Roxbury Lanes for a couple of games, hot dogs and drinks. Sign up with Susie to join the team.

**Age:** 13 to 19

**Wednesdays 4 – 6 p.m. Jun 28 – Sep 13**

## Late Night Recreation Program



Every Saturday come and participate in an exciting and fun-filled evening of activities that include-basketball, computer lab, arts & crafts, games, club meetings, music and dance.

**Instructor:** Damon Barnett

**Saturdays  
7 p.m. – Midnight**

**Location:** Delridge Community Center



## Middle School

### After School Program Free

**Ages 10 to 14**

Middle School After School Program is a program geared towards young men and women ages 10 to 14. The program engages youth in meaningful, productive activities that will develop their personal, educational, and social skills and lead to their becoming positive contributors to their communities. A major emphasis of the program is supporting youth in being successful in their academics and behavior in school.

**Mon – Thu 3 – 6 p.m.**

**Friday 3 – 7 p.m.**

**Program begins September 11 and  
ends December 15**

## All Ages

### OnRamp Computer Access Center

Age: all ages

Mon – Fri 1 – 6 p.m. Jun 26 – Sep 1

#### OnRamp Fees

Youth (Ages 5 – 17) 25¢

Adults (Ages 18 –64) \$2

Senior Adults (Ages 65+) \$1

Location: Computer Lab



## Special Populations



### What's Cooking? \$15

Learn the basic skills for preparing and cooking healthy meals. You will learn what's needed to prepare a meal from beginning to end and eat the finished meal.

Age: 18 and over

Tuesdays 6:30 – 8:30 p.m. Oct 2 – Oct 23

Contact Special Programs office to register:  
(206) 684-4950.

Location: Kitchen

### Would You Like More Information About Special Populations Programs?

For more information about programs for youth and adults with special needs, please call the Special Populations Office at 206-684-4950 or visit our web site:

[www.seattle.gov/parks/SpecialPops/index.htm](http://www.seattle.gov/parks/SpecialPops/index.htm)



# Adult Dance

## Beginning Tap

\$30/mth

Ages 18 and older

Always wanted to learn how to tap dance? This is the class for you. Have fun while learning the shuffle, flab ball change and more.

Instructor: Susan Wright

#10398 Wed5:30 – 6:30 p.m. 9/13 – 9/27

#10399 Wed5:30 – 6:30 p.m. 10/4 – 10/25

#10400 Wed5:30 – 6:30 p.m. 11/1 – 11/29

#10401 Wed5:30 – 6:30 p.m. 12/6 – 12/27

Location: Multi-Purpose Room – West 1/2

## Intermediate Tap

\$30/mth

Ages 18 and older

This class goes beyond the basics with riffs, cramp rolls and more complex combinations.

Instructor: Susan Wright

#10402 Wed6:45 – 7:45 p.m. 9/13 – 9/27

#10403 Wed6:45 – 7:45 p.m. 10/4 – 10/25

#10404 Wed6:45 – 7:45 p.m. 11/1 – 11/29

#10405 Wed6:45 – 7:45 p.m. 12/6 – 12/27

Location: Multi-Purpose Room – West 1/2

## Jazz II

\$30/mth

Ages 18 and older

This class goes beyond the basics with riffs, cramp rolls and more complex combinations.

Instructor: Susan Wright

#10382 Wed7:50 – 8:50 p.m. 9/13 – 9/27

#10383 Wed7:50 – 8:50 p.m. 10/4 – 10/25

#10384 Wed7:50 – 8:50 p.m. 11/1 – 11/29

#10385 Wed7:50 – 8:50 p.m. 12/6 – 12/27



# Adult Athletics & Fitness

## Fitness Room

The fitness room at Delridge Community Center offers weight machines, free weights, three treadmills, two step machines and a stationary cycle.

Age: 18 and over

Mon – Sat 11 a.m. – 8:45 p.m.

Fees:

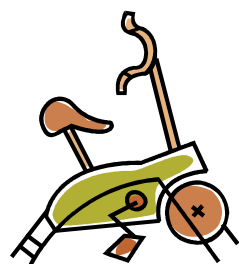
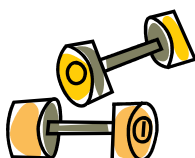
\$2 daily drop-in,

\$8 5-visit card

\$20 15-visit card

\$30 30-visit card

Location: Fitness room



## Adult Drop-In Basketball \$2 drop-in

Adults 18 and over “HOOP IT UP” at Delridge on Tuesday and Thursdays.

Ages 18 and over

Tue/Thu 7 – 8:45 p.m. Sep 19 – Dec 14

Location: Delridge Gymnasium

## Adult Drop-In Volleyball \$2 drop-in\*

Open volleyball is for youth ages 10-17 and adults 18 and over. All skill levels welcome. Two nets will be set up for beginners and intermediate play. (\*Youth 10 to 17 play free.)

Ages youth 10 to 17, adults 18 and over

Wednesdays 7 – 8:45 p.m. Sep 20 – Dec 13

Location: Delridge Gymnasium

# Senior Adult Programs

## Classes/Special Events Registration Information

Mary Dalzell, Recreation Specialist  
206-935-2162

E-mail: mary.dalzell@seattle.gov

Winter Dates: Oct 2 – Dec 15

No classes: Nov 10, Nov 23, Nov 24

Class Registrations: Begin September 18  
at 9 a.m. by calling 206-935-2162

Payments: Please make checks payable to:  
Senior Adult Advisory Council ("SAAC").

Mail to: Senior Adult Programs, Attn:  
Mary – SW, 8061 Densmore Ave N, Se-  
attle, WA 98103-4436.

## Water Exercise \$3 drop-in

This shallow end program provides a therapeutic exercise time for senior adults. Participants can expect increased strength and flexibility while improving their cardiovascular system. No swimming ability required. Call 206-684-7440 for more information.

**Tue/Thu 1:30 – 2:15 p.m.**

**Location: Southwest Pool**

## Sound Steps Mall Walking Free

Indoor walking at Southcenter Mall with time for shopping afterward. Transportation is provided. Pick up at two West Seattle sites. Reserve your spot by the Wednesday before by calling 684-4664.

**Fridays 8:30 – 11:15 a.m.**

**Location: Southcenter Mall**

## Bridge Free

A drop-in program for this popular card game for experienced players.

**Mon/Wed 10:30 a.m. – 2 p.m. Southwest CC**

## Southwest Book Club Free

The Seattle Public Library provides books free of charge to our group. We all read the same book and then discuss. Group meets 1 p.m. the third Thursday of each month at Southwest CC.

**Thu: Oct 19, Nov 16, Dec 21 1 – 2 p.m.**

## Basic Computers \$15/session

This is a beginners class in which you will learn mouse techniques, explore sites with multiple pages, search engine techniques, setting up free email account, working with sites for travel arrangements including mapquest. Three students per instructor. Please have basic typing skills.

**Location: Southwest CC Computer Lab**

**Tue/Thu 10 a.m. – Noon**

**#10945 Session I 10/3 – 10/12**

**#10946 Session II 11/2 – 11/14**

**#10947 Session III 12/5 – 12/14**

## Nutrition Made Easy Free

Confused about cholesterol, sodium, trans-fats, fiber? Registered dietitian, Shawn Peterson, with Senior Services will offer a series of discussions about what all this means and other topics of healthy eating. Take control of your eating habits with tips designed to make you feel better. A food demo will be available to taste.

**Tue (10/3 – 10/31) 11:30 a.m. – 12:30 p.m.**

**Location: High Point CC**

## Garden Chat Free

A once a month gathering for those who enjoy their yards, gardens, yard art, or you just admire the beauty of what others have done with their yards. This is not a club so come on down and share your passion and enjoy the company of others who get satisfaction from a days work in the yard. Meets the first Tuesday of each month.

**Instructor: Mary Dalzell**

**Tue (10/3 – 12/5) 11:15 a.m. – Noon**

**Location: Southwest CC**

## Holiday Potluck Free

Our annual end of the year gathering with friends and lots of laughs. Bring your favorite potluck dish and if you want to participate in the gift exchange, a wrapped white elephant gift.

**Wed, Dec 13 11:15 a.m. – 1 p.m.**

**Location: Alki CC**

# Senior Adult Programs

## Trip Registration Information

Make checks payable to: SAAC.

Mail checks to: Senior Adult Programs,  
Attn: Mary – SW, 8061 Densmore Ave  
N, Seattle, WA 98103-4436.

**Payment must be received 5 working days prior to departure.** Trip times/  
costs/destinations are subject to change.  
**On all trips, lunch is on your own.**

Pick-up Sites:

High Point CC..... 6920 34th Ave SW  
Hiawatha CC..... South parking lot  
of Safeway on California Ave SW  
Please don't park in Safeway's parking lot

## Japanese Garden \$5

First lunch and then to the beautiful Japanese Garden and a walk through the Arboretum. Free Admission.

**Mon, Oct 2 Noon – 4 p.m. Reg. 9/15**

## Hunter's Breakfast \$10

Our 4th annual visit to the Swauk-Teaaway Grange fund raiser. Stops at CleElum Railroad project and Roslyn.

**Sat, Oct 14 9 a.m. – 5 p.m. Reg. 10/4**

## Europe \$7

No, we are not going to Europe, just Everett for Rick Steves' *Europe through the Back Door* travel information. Beautiful photography and a knowledgeable lecturer. Free admission.

**Sat, Oct 21 8:45 a.m. – 2:30 p.m. Reg. 10/6**

## Holiday Food & Gift Show \$7

The Big Big pre holiday gift show at the Tacoma Dome. Gifts, music, food samples, and more. Admission on your own.

**Thu, Oct 26 9:30 a.m. – 3:30 p.m. Reg. 10/11**

## LaConner Arts Alive \$10

Downtown LaConner festival and invitational art show with more than 75 musicians, artists, and performers. Time to look around town.

**Sat, Nov 4 9 a.m. – 4:30 p.m. Reg. 10/13**

## Redmond British Pantry \$7

Tea time at this British style bakery, grocery, gift shop, and full service restaurant. Later, time in Redmond.

**Thu, Nov 9 10:30 a.m. – 4 p.m. Reg. 10/25**

## KIXI Radio & Factory Mall \$7

"Great songs, Great memories". Morning tour at KIXI radio station for a behind scenes look. Then to mall for after-Thanks-giving shopping.

**Thu, Nov 30 10 a.m. – 3 p.m. Reg. 11/15**

## Governor's Mansion Holiday Style \$9

Tour the Gregoires' house decorated for the holidays. Take in the classic beauty and learn about the history and architecture.

**Photo ID required.**

**Wed, Dec 6 9:30 a.m. – 3:30 p.m. Reg. 11/15**

## Holiday Home Tour \$9

Sedro-Wolley Museum will host this annual evening event of elegant homes along with beautiful antiques. \$5 admission fee on your own.

**Sat, Dec 9 3 – 9 p.m. Reg. 11/22**



**MONDAYS & WEDNESDAYS**

6:00 – 7:30* a.m.	Early Morning Lap Swim
Noon – 1:30 p.m.	Adult & Senior Swim
2:00 – 2:30 p.m.	Homschool Lessons (Monday only)
3:00 – 4:00***	Lap Swim
4:00 – 5:30	Swim Lessons
5:30 – 6:30	Lap Swim
5:30 – 6:30	Masters Workout
6:30 – 7:15	Diving Lessons
6:30 – 7:00	Swim Lessons
7:00 – 7:30	Adult & 3 Yr Old Lessons
7:30 – 8:15	Hydro-Fit
7:30 – 8:30	Shallow-end Public Swim

**TUESDAYS & THURSDAYS**

Noon – 1:30 PM	Adult & Senior Swim
1:30 – 2:15	Sr. Adult Water Exercise
4:15 – 5:00	Competitive Stroke
4:30 – 5:00	3 Years Old Lessons
5:00 – 6:00**	Lap Swim
6:00 – 6:30	Swim Lessons
6:30 – 7:00	Swim Lessons
7:00 – 7:30	Swim Lessons
7:30 – 8:30	Public Swim
8:30 – 9:15	Hydro-Fit
8:30 – 9:15	Adult Water Aerobics

**FRIDAYS**

6:00 – 7:30* AM	Early Morning Lap Swim
Noon – 1:30 PM	Adult & Senior Swim
1:30 – 2:30	Family/Lap Swim
3:00 – 4:00***	Lap Swim
4:30 – 5:30**	Public Swim
5:30 – 7:00	Lap Swim
6:00 – 7:00	Masters Workout
7:00 – 8:00	Family Swim
8:00 – 10:00	Rentals (Call to Schedule)

**SATURDAYS**

9:30 – 10:30 AM	Lap Swim
9:30 – 10:30	Youth Fitness Workout
10:30 – Noon	Swim Lessons
Noon – 1:00 PM	Lap Swim
Noon – 1:00	Triathlete Training
1:00 – 2:00	Public Swim
2:00 – 10:00	Rentals (Call to Schedule)

**SUNDAYS**

11:00 – 12:30 PM	Adult & Senior Swim
12:30 – 2:00	Swim Lessons
2:00 – 3:00	Family Swim
3:00 – 4:00	Special Pops Lessons
4:00 – 5:00	Public Swim
5:00 – 6:00	Lap Swim
6:00 – 10:00	Rentals (Call to Schedule)

\* Admission to EMLS by swim ticket only.

\*\* Programs cancelled due to swim meet: 9/12, 10/10, 12/1, 12/5, & 12/15

\*\*\* Lap Swim cancelled starting Nov 13 through mid-February for high school swim team practice.

**POOL CLOSED**

Sep 4	Labor Day
Sep 25 – Oct 8	Maintenance Closure
Nov 10	Veterans' Day
Nov 23 & Nov 24	Thanksgiving
Dec 25	Christmas Day
Jan 1	New Year's Day

## Fall swim lesson registration starts August 14.

For more Info, visit our website at  
[www.seattle.gov/parks/aquatics/swpool.htm](http://www.seattle.gov/parks/aquatics/swpool.htm)

Register online at  
<http://egov1.seattle.gov/parks>

**FACILITY FEES & CHARGES**

Youth (1 – 17)	\$2.75
Adult (18 – 64)	\$3.75
Senior Adult (65+)	\$2.75
Special Populations	\$2.75
Masters Workout	\$4.75
Water Aerobics	\$4.75
Hydro-Fit/Aqua Jog	\$4.75
Sr. Adult Water Aerobics	\$3.00
Non-Recreation Spa, Weights, Sauna Use	\$3.75
Spa (in addition to swim)	50¢
Recreation Pass (Save \$2)	\$20.00
Fitness Pass (Save \$3)	\$30.00
F.A.S.T. Pass Adult (Unlimited 1 month)	\$45.00
F.A.S.T. Pass Youth/Senior	\$35.00
Water Equipment Rental	\$1.50
Showers	\$3.75

## **SOUTHWEST POOL RECREATIONAL & FITNESS PROGRAMS**

### **ADULT/SENIOR ADULT SWIM**

A recreational swim period for adults 18 years and over. Fast, medium, and easy lanes available for fitness swimming.

**Monday – Friday**                      **Noon – 1:30 p.m.**  
**Sunday**                                      **11 a.m. – 12:30 p.m.**

### **LAP SWIM**

This program is designed for the serious swimmer as well as those who want to work on conditioning. We have lanes set aside that designate different swimming ability levels.

**M/W/F\***                                      **6:00 – 7:30 a.m.**  
**M/W/F\*\***                                   **3:00 – 4:00 p.m.**  
**M/W**     **5:30 – 6:30 p.m.**  
**T/TH**                                        **5:00 – 6:00 p.m.**  
**Friday**                                       **1:30 – 2:30 p.m.**  
**Friday**                                       **5:30 – 7:00 p.m.**  
**Saturday**                                   **9:30 – 10:30 a.m.**  
**Saturday**                                   **Noon – 1:00 p.m.**  
**Sunday**                                      **5:00 – 6:00 p.m.**

**\*Admission to EMLS by swim ticket only.**

**\*\*Program ends 11/13 due to high school swim team practice. Resumes mid-February 2007.**

### **PUBLIC SWIM**

This is a recreational time for all ages. You may bring your clean masks, fins, snorkels, and life preservers to use.

**Monday – Thursday**                   **7:30 – 8:30 p.m.**  
*(Mon. & Wed. eves are shallow end only.)*  
**Friday**                                       **4:30 – 5:30 p.m.**  
**Saturday**                                   **1:00 – 2:00 p.m.**  
**Sunday**                                      **4:00 – 5:00 p.m.**

### **FAMILY FLOAT SWIM**

The family float swim is a recreational time for the family. A parent/guardian must accompany youth under 18 yrs. in the water.

**Friday**                                        **1:30 – 2:30 p.m.**  
**Friday**                                        **7:00 – 8:00 p.m.**  
**Sunday**                                       **2:00 – 3:00 p.m.**

### **ADULT WATER AEROBICS**

This 45-minute program is designed to tone up muscles and stay fit. Emphasis on flexibility and range of motion. This class is taught in the shallow end. No swimming ability required.

**Tuesday & Thursday**                   **8:30 – 9:15 p.m.**  
**Class Fee: \$4.75 Adults/\$3.00 Seniors**

### **ADULT HYDRO-FIT**

Hydro-Fit is a 45-minute, deep-water, non-impact, adult exercise program. The use of specially-designed buoyancy and resistance apparatus provide a demanding workout for the whole body. Some deep water swimming ability required.

**Monday & Wednesday**                  **7:30 – 8:15 p.m.**  
**Tuesday & Thursday**                  **8:30 – 9:15 p.m.**  
**Class Fee: \$4.75 Adults/\$3.00 Seniors**

### **SENIOR ADULT WATER EXERCISE**

This shallow-end program provides a therapeutic exercise time for senior adults. Participants can expect increased strength and flexibility while improving their cardiovascular systems. No swimming ability required.

**Tuesday & Thursday**                   **1:30 – 2:15 p.m.**  
**Class Fee: \$4.75 Adults/\$3.00 Seniors**

### **MASTERS WORKOUT**

An experienced coach supervises an interval workout of 2500 yards or more. Different lanes for different abilities. Stroke work and helpful tips will be offered during this time.

**Monday & Wednesday**                  **5:30 – 6:30 p.m.**  
**Friday**                                       **6:00 – 7:00 p.m.**  
**Class Fee: \$4.75 Adults**



For information on Southwest Pool programs or swimming lessons, please call (206) 684-7440. Southwest Pool is located at 2801 SW Thistle Street.



# Seattle Parks General Information

**E-Brochures are available!**

In keeping with our environmental stewardship policies, we're trying to reduce the amount of paper we use. We invite you to visit our web site at [www.seattle.gov/parks](http://www.seattle.gov/parks). You can find this brochure information online.

**Fees and Charges**

Our Advisory Council provides the programs and activities listed in this brochure under an agreement with Seattle Parks and Recreation. Fees collected by the Advisory Council are used to offset the cost of providing the programs. Program charges include user fees of 3.25% paid to Seattle Parks and Recreation to defray operating costs. Class and program fees include Washington state sales tax where applicable.

**Suggestions**

We welcome your ideas. If you want to suggest a new class, or if you have an idea you think would benefit us or our community in general, please let us know.

**Interested in teaching?**

We're always looking for top quality instructors to offer unique courses. We choose class offerings based on participants' interests and space availability. If you have a special talent, skill, or knowledge you would like to share with others in a class or workshop format, please talk to a member of our staff.

**Anti-discrimination**

As a matter of policy, law, and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or the presence of any sensory, mental or physical handicap.

**Accommodation for people with disabilities**

We will make reasonable accommodation, upon request, for people with disabilities. For sign language interpretation, auxiliary aids or other accommodation, please call 206-615-0140 or TDD 206-684-4950. Please allow 10 working days' advance notice. If a class or activity is scheduled in an area not accessible for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

**Delridge Facility Rentals**

Rent Delridge Community Center for birthdays, weddings, meetings, dances, family reunions, seminars, craft shows, etc. Contact Delridge Community Center Staff at 206-684-7423 for cost and availability. If the Delridge Community Center doesn't suit your needs, visit the Seattle Parks and Recreation website at [www.seattle.gov/parks/reservations/facrentalguide.htm](http://www.seattle.gov/parks/reservations/facrentalguide.htm);

there are over 20 locations that can be rented throughout the Parks Department.

**More information**

For information about Parks and Recreation facilities, recreation programs, picnic shelters, and scheduling, please visit our web site at [www.seattle.gov/parks](http://www.seattle.gov/parks), or call our Public Information line, 206-684-4075. For more information about programs for senior adults, please call 206-684-4951, and for information about programs for youth/adults with disabilities, please call 206-684-4950.

**Waiting lists**

We will create waiting lists for all filled classes. Please be sure to sign up if you are interested in a class that is full, because class openings often become available. If demand is high, we will try to form another class. Please contact us for space availability.

**Class cancellations**

To cover the cost of providing a program, we need a specific number of participants. If too few people sign up for a class, we must cancel it. We'll notify you (at the latest) one or two days before the class start date. When possible, we will postpone a cancelled class for a week to allow for more enrollments; if the class minimum is not met by then, we will have to cancel it.

**Confirmations**

Sorry, we cannot confirm class registration by mail or phone, but we will notify you by phone if your class is postponed or cancelled.



# Helpful Phone Numbers

## Community Centers

Alki ..... 684-7430  
 Ballard..... 684-4093  
 Bitter Lake ..... 684-7524  
**Delridge ..... 684-7423**  
 Garfield ..... 684-4788  
 Green Lake..... 684-0780  
 Hiawatha..... 684-7441  
 High Point..... 684-7422  
 International District/  
     Chinatown ..... 233-0042  
 Jefferson..... 684-7481  
 Laurelhurst..... 684-7529  
 Loyal Heights ..... 684-4052  
 Magnolia ..... 386-4235  
 Meadowbrook ..... 684-7522  
 Miller ..... 684-4753  
 Montlake ..... 684-4736  
 Queen Anne ..... 386-4240  
 Rainier ..... 386-1919  
 Rainier Beach..... 386-1925  
 Ravenna-Eckstein.... 684-7534  
 South Park ..... 684-7451  
 Southwest ..... 684-7438  
 Van Asselt..... 386-1921  
 Yesler ..... 386-1245

## Environmental Learning Centers

Carkeek Park..... 684-0877  
 Camp Long ..... 684-7434  
 Discovery Park ..... 386-4236  
 Seward Park ..... 684-4396

## Emergencies

Fire/Medical/Police ..... 911  
 Poison Center..... 536-2121  
 Crisis Clinic..... 461-3222  
 Animal Control..... 386-7387

## Pools & Aquatic Programs

Ballard Pool..... 684-4094  
 Beach Programs\* ..... 684-7185  
 Colman Pool\* ..... 684-7494  
 Evans Pool..... 684-4961  
 Madison Pool ..... 684-4979  
 Meadowbrook Pool..... 684-4989  
 Medgar Evers Pool.... 684-4763  
 "Pop" Mounger Pool\*... 684-4708  
 Queen Anne Pool..... 386-4282  
 Rainier Beach Pool ... 386-1944  
 Southwest Pool..... 684-7440  
 Wading Pool Hotline\* 684-7796  
 \*Summer Only

## Boating

Green Lake Small  
     Craft Center ..... 684-4074  
 Green Lake  
     Boat Rental..... 527-0171  
 Mt. Baker Rowing  
     & Sailing ..... 386-1913  
 Boat Launch Permits 684-4075

## Performing & Visual Arts

Alki Bathhouse ..... 684-7430  
 Bathhouse Theater ... 524-9108  
 Daybreak Star ..... 524-9108  
 Langston Hughes  
     Performing Arts Ctr . 684-4757  
 Madrona Dance Studio 325-4161  
 Pratt Fine Arts Center 328-2200  
 Seward Park  
     Art Studio ..... 722-6342

## Schools

Highland Park ..... 252-8240  
 Sanislo ..... 252-8380  
 Cooper ..... 252-8170  
 Schmitz Park..... 252-9700  
 High Point..... 933-5390  
 Fairmount Park ..... 252-9290

## Golf & Tennis

Amy Yee Tennis Ctr .. 684-4764  
 Green Lake  
     Pitch 'n' Putt ..... 632-2280  
 Interbay Family  
     Golf Center ..... 285-2200  
 Jackson Park Golf..... 363-4747  
 Jefferson Park Golf ... 762-4513  
 Jefferson Driving Range 763-8989  
 West Seattle Golf..... 935-5187

## Gardens

Japanese Garden ..... 684-4725  
     *(March – November)*  
 Kubota Garden..... 684-4584  
 Tours ..... 725-5060  
 Parsons Garden ..... 684-4075  
 Volunteer Park  
     Conservatory ..... 684-4743  
 Washington Park  
     Arboretum ..... 543-8800  
 Woodland Park  
     Rose Garden ..... 684-4863

## Other Facilities

Seattle Aquarium..... 386-4320  
 Woodland Park Zoo.. 684-4800

## Recreation Information

Public Information ... 684-8020  
 Compliments/Concerns 684-4075  
 Picnic Scheduling..... 684-4081  
 Field Rain-Out Hotline 684-4077  
 Gym Rentals..... 684-7095  
 Youth Athletics ..... 684-7094  
 Adult Athletics ..... 684-7092

# Delridge Calendar of Events

## September

- Wed, Sep 6 Early Bird, Before, & After  
School Care resume
- Fri, Sep 8 Ice Cream Social @ High Point
- Mon, Sep 11 Little Chefs Session 1 begins  
Girls Volleyball Season begins
- Tue, Sep 12 Beginning Sports Session 1 begins  
Move Over Mozart begins
- Wed, Sep 13 Story Art Session 1 begins  
1st September class: Beginning  
Tap, Intermediate Tap, Jazz II
- Fri, Sep 15 Friday Family Fun Night
- Tue, Sep 19 Flag Football Season begins
- Fri, Sep 22 Magic Show @ High Point CC

## October

- Wed, Oct 4 1st October class: Beginning  
Tap, Intermediate Tap, Jazz II
- Fri, Oct 6 Family Movie Night @ High Point  
*Charlie and the Chocolate Factory*
- Fri, Oct 13 Friday Family Fun Night
- Fri, Oct 27 Freaky Fall Festival! @ High Point
- Tue, Oct 31 Fall Fun Festival

## November

- Wed, Nov 1 1st November class: Beginning  
Tap, Intermediate Tap, Jazz II
- Fri, Nov 3 Spaghetti Dinner @ High Point
- Mon, Nov 6 Little Chefs Session 2 begins
- Tue, Nov 7 Beginning Sports Session 2 begins
- Wed, Nov 8 Story Art Session 2 begins
- Fri, Nov 10 Veterans' Day  
(Delridge CC closed)
- Fri, Nov 17 Friday Family Fun Night
- Thu, Nov 23 Happy Thanksgiving  
(Delridge CC closed)
- Fri, Nov 24 Day After Thanksgiving  
(Delridge CC closed)

## December

- Fri, Dec 1 Bingo Night @ High Point CC
- Wed, Dec 6 1st December class: Beginning  
Tap, Intermediate Tap, Jazz II
- Fri, Dec 8 Friday Family Fun Night
- Sat, Dec 9 Holiday Bazaar
- Sat, Dec 16 Santa Sleigh arrives!
- Mon, Dec 25 Christmas Day  
(Delridge CC closed)

Visit us on the web: [www.seattle.gov/parks/centers/Delridge.htm](http://www.seattle.gov/parks/centers/Delridge.htm)

Delridge Community Center  
4501 Delridge Way SW  
Seattle, WA 98106  
(206) 684-7423

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